

## **ABDOMINAL EXERCISER WITH ELECTRONIC COACHING DEVICE**

### **ABSTRACT of the DISCLOSURE**

An abdominal exercise apparatus includes a device that instructs and encourages a user. The apparatus comprises a slide member positioned in a channel of a body. The slide member has a user engagement end extending from the channel for engaging a targeted muscle area of the user. A resilient member biases the body and slide in one direction. Handles are attached to the body at opposing locations, and extend away from the body. The instructional device instructs users how to perform multiple phase abdominal exercises and provides motivation. The instructional device comprises a microprocessor, a sound creating mechanism, a visual display, and a user interface. The sound creating mechanism produces prerecorded instructions or motivation. The visual display includes lights to visually instruct the user of the proper amount of time for each phase of an exercise. The user interface allows for a user to select various exercise routines and levels.